



LAWRENTIAN

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MLK Day Celebration held in Memorial Chapel

Allegra Taylor
News Editor

On Monday, Jan. 21, Lawrence celebrated Dr. Martin Luther King Jr. (MLK) Day by holding a variety of volunteering opportunities and faculty teach-ins.

The campus was also the site of the 28th Annual Fox Cities Dr. Martin Luther King Jr. Celebration which was co-hosted by Lawrence and African Heritage, Inc.

The volunteer opportunities were organized through the Committee on Community Service and Engagement. The off-campus volunteer opportunities that were available included volunteering at the Boys and Girls Club of Appleton and Menasha, Brewster Village, Feeding America and Riverview Gardens.

The teach-ins that were hosted included “Systemic Inequities in Education and Literacy” by Assistant Professor of Education Stephanie Burdick-Shepherd, “Hunger and Health in a Wealthy Nation” by Associate Professor of Anthropology Mark Jenike, “Youth Mental Health” by Associate Professor of Psychology Lori Hilt, “The Global Climate Justice Movement” by Stephen Edward Scarff Professor of International Affairs and Associate Professor of Government Jason Brozek and “Systemic Racism and the Development of the White Racial Frame” by Assistant Professor of Ethnic Studies Jesus Smith.

In the evening, members of the community congregated at the Memorial Chapel for the Dr. Martin Luther King Jr. Celebration.

Attendees were welcomed by Rev. Leah Hart-Landsberg and Vice President for Diversity and



Top: Norys Pina, the recipient of the Jane LaChapelle McCarty MLK Leadership Award gives a speech.
Bottom: Catlin Yang reads her winning MLK essay from the 2019 essay contest.
Photos by Anton Zemba.

Inclusion Kimberly Barrett. After a song led by freshman Kyree Allen and a prayer by Pastor G.A. Manns of Appleton Sanctuary Outreach Ministries, the winners of the Jane LaChapelle McCarty MLK Community Leader Award and the Dr. Martin Luther King, Jr. Educator Award and the MLK Essay Awards were presented.

The Keynote Address was given by Dr. Eddie Moore Jr., the Founder/Director of the White Privilege Conference and the Privilege Institute. Moore has also co-editor of multiple publications and has more in the works.

Moore’s address asked the question “Why Keep Dreaming? A Time for Action” which was the theme of this year’s celebration.

Moore encouraged people to continue to volunteer for MLK Day, but to keep in mind that King advocated for direct action and real change.

One of the themes of Moore’s talk was that MLK was widely regarded as too revolutionary while he was alive, and only since his death has he become accepted by much of white America.

Moore encouraged those with more privilege to use it to help those with less privilege, and that although we’ve progressed some since King’s time, current events show that we haven’t progressed far enough.



Astronomer delivers Convocation on Earth

Molly Ruffing
Staff Writer

Phil Plait—author, astronomer, skeptic and blogger—was the third speaker for the 2018-19 Convocation Series. Plait’s speech, “Strange New Worlds: Is Earth Special?,” was held in Memorial Chapel at 11:10 a.m. on Thursday, Jan. 17.

As has become custom, in President Mark Burstein’s welcome at the beginning of the event, he read a land acknowledgment for Lawrence’s Appleton and Door County campuses. This land acknowledgment can now be found on the Lawrence website in the “About” section.

Following President Burstein’s welcome, sophomore Hung Nguyen and junior Ji Yang performed “Mercury, The Winged Messenger” from “The Planets” on pianos. After the performance, Associate Professor of Physics and

Chair of the Physics Department Megan Picket introduced Plait.

The friendship between Plait and Picket allowed the introduction to include jokes as well as the typical mentions of awards and experiences. Picket made a point to mention Plait’s unique humor, often showcased in his writing.

Not only is Plait an author of two books and a writer for a blog named “Bad Astronomy,” he was also consulted for Nova and Crash Course and was the lead writer for “Bill Nye Saves the World.”

Plait began his speech by setting the stage with the line: “as twilight falls in the Chapel.” After introducing his humor, Plait began to mention what excites him most about science. He is both passionate for what science is and what it is not, and he spoke of his favorite research about planets around other stars.

Plait’s research revolves around the question : “Is Earth special?” This is exceptionally interest-



Phil Plait is an accomplished astronomer, author and blogger.
Photo by David Baldwin.

ing to him, as he admits that during his years in graduate school, there was not a single planet outside of our solar system discovered yet.

Throughout his speech, Plait returned to the question of Earth’s possibly special nature. Often the answer was along the lines of,

“Maybe, but...” These unclear and sometimes changing answers are due to the wrong question being asked, according to Plait.

The answer shifts based on the question being asked, for the question of whether Earth is special is too broad. According to Plait,

there needs to be some context. In what regard could Earth be special?

Plait points out that Earth is definitely special in that it is the only planet that is known to have water on the surface. Because we know life needs water, this points to the idea of Earth being quite special indeed.

Through Plait’s continuous questioning, he explained the Habitable Zone, also known as the Goldilocks Zone, to the audience. He also introduced the concepts of transit theory, Doppler shift and reflex velocity. Despite these possibly foreign terms, Plait addressed the definitions and effects of each term.

Amidst the lessons that Plait discussed, he also made sure to insert jokes and even quoted “The Pirates of the Caribbean” at one point. He admitted that there are always “lots of dumb cultural refer-

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ences in [his] talks.”

Plait continued to discuss Earth-like planets and “super Earths” and compare them to the nature of our Earth. According to Plait, there could be billions of Earth-like planets in our galaxy alone. In that regard, Earth is not particularly special.

Despite the ever-changing answer to Plait’s question of

whether Earth is special, he concluded his speech a bit sentimentally. “It is our home. Is Earth special? Yeah, I think it is.” Following Plait’s speech, there was an informal question and answer session held in the Memorial Chapel.

The fourth Convocation in the 2018-19 Series will be delivered by Matika Wilbur. Wilbur is the Project 562 director and photographer. She will be delivering her speech “Changing the Way We See Native America” on Thursday, Apr. 11, 2019, at 11:10 a.m. in Memorial Chapel.

Upcoming Events

Improv Show
Friday, Jan. 25, 8 p.m.
Memorial Hall 002

Comedial Subhah Agarwa
Friday, Jan. 25, 9 p.m.
Warch Campus Center
Cinema

“Green Book”
Friday, Jan. 25, 11 p.m.
Warch Campus Center
Cinema

Great Midwest Trivia Contest
Friday, Jan. 25, 10:00:37 p.m.
WLFM Website

Wind Ensemble Concerto Competition
Sunday, Jan. 27, 1 p.m.
Memorial Chapel

Inclusive Excellence Session- Fencing Team
Monday, Jan. 28, 5 p.m.
Esch Hurvis

London Week Events

Monday:

Harry Potter Trivia, 4 p.m., International House

Tuesday:

London Centre Alumni & Faculty Tea, 4:30 p.m.-6 p.m., International House

Wednesday:

English Breakfast, Cafe

Prof. Martyn Smith Discussion of Religion, Globalization and Civilizations in London, 4:30 p.m., Main Hall 201

Pub Grub, Dinner, Andrew Commons

Thursday:

London Centre Info Meeting, 4:30 p.m., Cinema
TriVR, 10 p.m., Viking Room

Friday:

Sherlock Holmes Movie, 7 p.m., International House

Cultural Competency Lecture educates on controversial art



Rikke Sponheim
Staff Writer

To teach attendants how to discuss controversial art, the cultural competency lecture “More Than Meets the Eye: Engaging with Controversial Art” was presented by Assistant Professor of Art History, Curator of the Wriston Art Center Galleries and Museum Studies Interdisciplinary Area Program Director Beth A. Zinsli and Associate Professor of Art History Elizabeth Carlson in the Esch Hurvis Room of Warch Campus Center on Wednesday Jan. 16 at 12:30 p.m.

“The hardest art to talk about,” said Carlson, “is the art where I’m caught off guard.” Carlson and Zinsli began by mentioning how many people think controversial art is synonymous with contemporary art. Both professors countered this assumption by saying that the viewer’s identity is what makes art controversial.

The lecture was structured around showing how identity factors into how people view art. To do this, Carlson and Zinsli showed several pieces of art on a projector one at a time and had the audience discuss what was controversial about each piece of art to a current audience and what would have been controversial about it to the audience at the time it was made.

The first painting that was discussed was “Olympia” by Édouard Manet. When the audience discussed “Olympia,” they weren’t given the title or the name of the artist, which made it visible how much modern ideas influenced what the audience thought would have been controversial in 1865 when the painting first appeared in an art gallery.

After hearing the audience’s thoughts on what might have been controversial in “Olympia,” Carlson read quotes from art critics from that time period and compared what they actually found controversial about the art to what the audience thought they might have found controversial.

The audience generally thought that what would be controversial about the art was that it appeared that the painting was depicting a sex worker. What was actually controversial was that, to the viewer in 1865, it looked like she was in a morgue, and that she looked like a disgraced version of Titian’s “Venus of Urbino.”

While discussing “Olympia” by Manet, Carlson and Zinsli introduced the idea of viewing a work of art as a historical moment that also continues to be in the present as people view it today.

Next, Zinsli and Carlson showed two paintings by Archibald Motley called “The Octoroon Girl” and “Mammy.” With both of these paintings, both professors empha-

sized the importance of reading a painting correctly by keeping in mind who the artist was and what the time period was.

For these paintings, it was key to understand that Archibald Motley was an African American man and that these were painted in the 1920s as portraits that were meant to show dignity in their subjects. “Time and place,” stated Carlson, “really make a difference in how we understand and discuss art.”

In contrast with Motley’s paintings, they then showed a painting titled “Open Casket” by Dana Schutz, which graphically depicts the open casket at the funeral of Emmett Till. This painting was the source of significant controversy in 2017 when it appeared at the Whitney Biennial. This is due to the fact that it was painted by a white artist which many saw as inappropriate.

To conclude the lecture and discussion, Carlson and Zinsli encouraged the audience to consider present and historical context of both the subject matter and the visual style, authorship and exhibition space when looking at and discussing art in the future.

After this statement, they took questions from the audience. The next cultural competency lecture will be “Islam in America: The Success Story of Dearborn, Michigan” by Prof. Martyn Smith, held on Wednesday, Feb. 13.



The talk was given by Assistant Professor of Art History, Curator of the Wriston Art Center Galleries and Museum Studies Interdisciplinary Area Program Director Beth A. Zinsli and Associate Professor of Art History Elizabeth Carlson.

Photo by Taylor Blackson.

World News



Compiled by Allegra Taylor

Senegal & Gambia
On Monday, a bridge over the river between Senegal and Gambia was opened for the public. Until now, the only way across was an unreliable ferry that could take a week to get onto. The bridge over the River Gambia has been planned since the 70s, but has only just now become a reality. According to Gambia’s president, President Adama Barrow, the bridge “ends centuries of travel difficulties.” (BBC)

United Kingdom
Argentine soccer player Emiliano Sala was the sole passenger on a plane that disappeared over the English Channel on Jan. 21. An intensive search has been underway since the plane’s disappearance and no trace of the missing plane has been found. Sala was on his way to Cardiff, Wales to begin training for his new team. (CNN)

Mexico
A fuel pipeline exploded in Tlahuelilpan, north of Mexico City, on Jan.18, killing at least 98 people and wounding another 48. The pipe had been pierced earlier, likely in an attempt to get at the fuel, and residents of Tlahuelilpan took empty containers to the leak to collect the fuel. (The Economist)

Burkina Faso
The president nominated a new prime minister following a mass resignation last week. The new prime minister is Christophe Joseph Marie Dabire and was appointed on Jan. 19 on Burkina Faso National Television. The whole government of the country resigned together, including the previous prime minister and the cabinet. The reason for the resignations is unclear as of now. (Washington Post)

Thailand
On Jan. 23, Thailand announced that it will hold its first democratic election since a military coup five years ago. The general election will be held on Mar. 24 and was signed into action by King Maha Vajiralongkorn. The elections have been repeatedly postponed by the military junta that overthrew the old government. The formalization of the new election date represents an important step towards democracy for the country. (CNN)

MuchLove,LittleLady

By Celeste Reyes



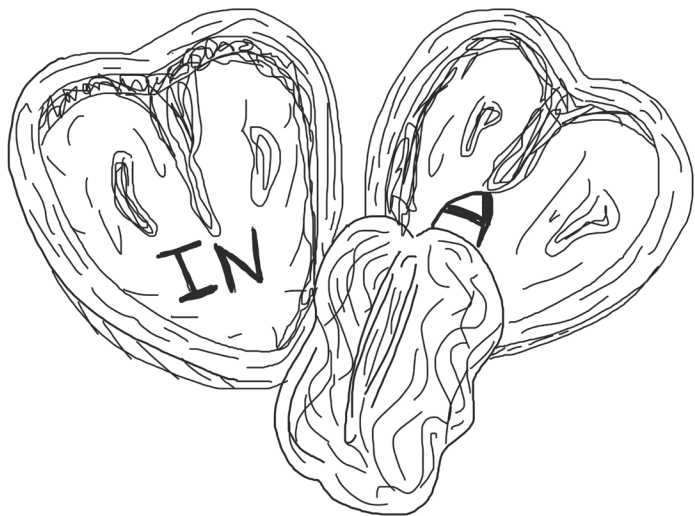
Vegetable Day

By Allie



The Idiot's Idioms

By CLAIRE ZIMMERMAN



Fly on the Wall: “Stadium Tour”

By Tia Colbert

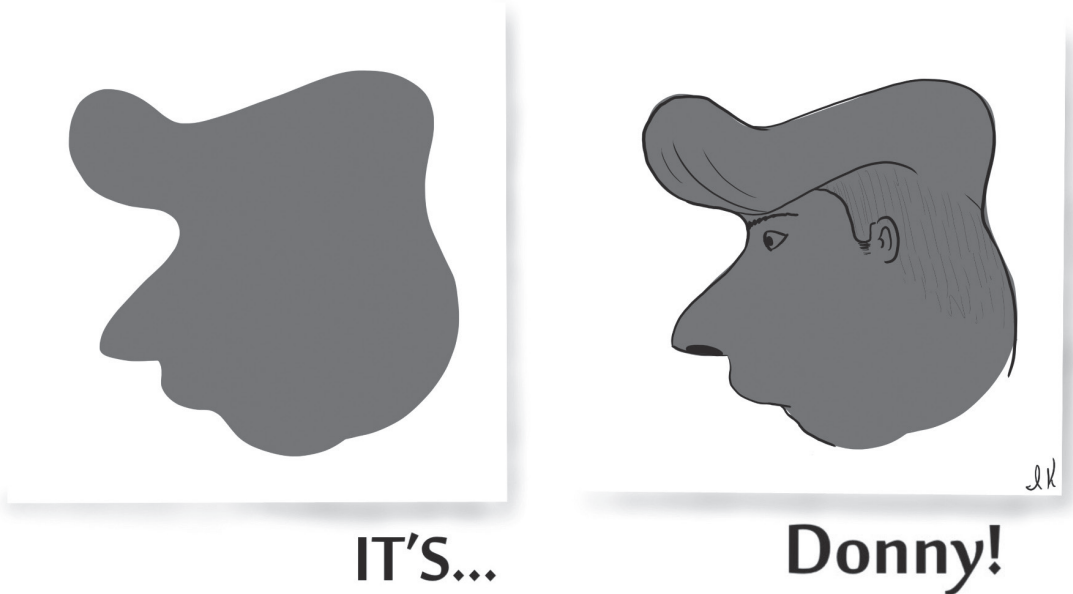
Sport.
That’s a fun word.
It must have been a fun activity as well. Before it all got banned, of course. Can you guess where I went today? That’s right, a visit to the ruins of one of the most famous sport stadiums in European history! It was just marvelous, I tell you. Absolutely splendid!
The movies really help, though. What with the floods and fire damage, the ruins barely stand as proudly as they once did. But my, my... When you have the image in your mind from the movies, it’s just picture perfect!
Now, still, I can see clearly what it must have been like for the

athletes of time past.
Open-roofed building, harsh stadium lighting, people upon people in the audience. What an experience that must have been. What a rush!
Our tour included a reenactment by certified athletic actors, but I can tell it was shades away from the real thing. For one, I was the only person into it! Of my entire group! The reenactors taught us chants, and songs, and old player names. But, alas, no one else wanted to join in on the fun.
It was just as well. Our tour did not have enough reenactors to create two full teams, anyway. So it was just a couple of guys, running

across a scaled down field, pretending everything was at stake.
I really hope that new 5D VR tech takes off soon. It might be just what this society needs. I mean, banning all sport?? How in the world did our ancestors think that would be a good idea? Granted, most people of sporting age were fairly sick, and there was a huge generation gap (which is reported to be improving, mind you!), so I suppose I could see how other priorities were being held.
Still, what I wouldn’t give to see sport at its prime.
Until next time —

WHO’S THAT SHAPE?!

By: Isabel Kelly



IT’S...

Donny!

Horoscopes

The signs as things that Joanna
Gaines Loves
By Simone Levy

Aries (March 21 - April 19) — Recessed light fixtures — you can be bright without causing a scene.
Taurus (April 20 - May 20) — Painted brick — when in doubt, slap some German schmear on that exposed brick to bring some rustic charm to a house.
Gemini (May 21 - June 20) — Corbels — store bought is fine if you can’t find vintage corbels.
Cancer (June 21 - July 22) — Cased openings — open up a little bit, throw a corbel in a cased opening for ultra-vintage vibes.
Leo (July 23 - August 22) — Shiplap – oh, you’re moving to Waco? How original.
Virgo (August 23 - September 22) — Crown molding — classy, beautiful, and elegant.
Libra (September 23 - October 22) — Open shelving — we can see what’s going on in there!
Scorpio (October 23 - November 21) — Open floor plans — it’s going to be a recipe for chaos when you take out that breakfast nook.
Sagittarius (November 22 - December 21) — Exposed ceiling beams — show some support!
Capricorn (December 22 - January 19) — Kitchen islands — a bowl of fake pears on a kitchen island? Game changer.
Aquarius (January 20 - February 18) — Pergolas — Indoor outdoor!
Pisces (February 19 - March 20) — Subway tile — A classic. Absolutely stunning.

The Lawrence Double Dual

Tina Schrage
Staff Writer

This past weekend, Lawrence University men's and women's swimming and diving team hosted their fifth and final home meet of the season: the Lawrence Double Dual. The meet was made up of two other teams, Lake Forest College and University of Wisconsin-Whitewater, making up a triangular competition between the three. For the men's side of the meet, Lawrence fell to both UW-Whitewater and Lake Forest, 134-59 and 154-64 respectively. The competition between the men's team of UW-Whitewater and Lake Forest was much closer in point distinction, with Lake Forest falling to Whitewater 123-98.

For the women's side of the meet, the Vikings fell to UW-Whitewater 125-111 and came out on top of Lake Forest 141-94. Lake Forest also fell to UW-Whitewater 140-93. Regardless of the outcome of the

team, the Vikings still had several spectacular performances individually and with relay teams.

The Lawrence Double Dual had a phenomenal atmosphere that really encouraged all the athletes from each team to thrive in the competition. Many athletes from all three schools happened to be in the area and came to support their swimmers. This includes the vast support that the Vikings received from students and faculty alike during this past meet and previous meets. The Boldt Natatorium was filled with a large crowd, which helps confidence grow within athletes. Especially for the Vikings, having friends, professors and family there to support allows them to get hyped up and give them something to swim for, which is their home crowd. This idea was proven to be true during several events and for many of the Vikings on both the men's and women's side of the meet.

Many seasonal bests were raced this past weekend and

the Vikings even came out with a few firsts in individual events, as well as relays and medleys. Freshman Mizuki Ohama, performed extremely well and swam the Midwest Conference Best Time of 59.84 in the 100-yard butterfly, winning the race and posting a new personal best. Ohama also placed second in the 200-yard individual medley.

Junior Elise Riggle had a season best in her 1000-yard freestyle race, placing second in the event at 11:37.84. Senior Lizzy Garcia placed second in the 100-yard freestyle event with a time of 57.08, just .06 off from the first-place competitor from UW-Whitewater. Freshman Mae Grahs took first in the 500-yard freestyle event with a time of 5:39.54, finishing two seconds ahead of the next competitor. Senior Emmi Zheng and freshman Caitlyn Lansing took first and second, respectively, in the 100-yard breaststroke event. The women were able to take first in the 200-yard medley relay with a

team comprised of sophomore Erin Lengel, Zheng, Ohama and Garcia. On the diving side of the meet, freshman Maddy Smith, placed first in the one-meter dive with a score of 199.35 points. Smith also placed second in the three-meter dive with a score of 199.00, two points behind first place and four points ahead of third.

On the men's side of the meet, sophomore Anton Hutchinson placed first in the 1000-yard freestyle event with a time of 10:12.79. Hutchinson also posted a season best in the 500-yard freestyle event by six seconds with a time of 4:54.87. Junior Tom Goldberg placed second in the 100-yard freestyle with a time of 51.42. Goldberg also placed third in the 100-yard breaststroke event. The men were able to grab a third place in the 200-yard medley relay with senior Max Stahl, Goldberg, junior Liam Wulfman and Hutchinson.

"Our main focus is on refining race strategy, being able to compete at a high level while broken

down physically and finding a way to win against some great competition," said Head Coach Andrew Fleek.

Going into this double dual and looking ahead at the Wisconsin Private College Championships, this was their large focus and will keep this in mind when looking ahead to the Midwest Conference Championship. The next meet will be the Wisconsin Private College Championships at Carthage College this upcoming weekend.

After this meet, the team will take a three week break from competition before heading to the Midwest Conference (MWC) Championships. During this time they will focus on their health and improving the strengths and times so that they are able to compete during the Championships against some of the best athletes in the conference.

Men's basketball triumphs over Beloit, but women's team falls short

Kelli Quick
Staff Writer

Over this past weekend, our Lawrence University Vikings took on one of our rival Wisconsin teams in our conference, Beloit College. This weekend they were on our home turf, giving us a chance to defend our school's pride, spirit and values.

The men's basketball team had a pretty successful turnout as they stayed neck and neck during the first half. The Vikings were only trailing by three points, 35-32. In the second half, the Vikings kicked into high gear and scored seven more points in the second half than in the first. The end result was the Vikings winning 71 to 64.

Sophomore Brad Sendall was the lead scorer for that game. Sendall scored 17 points out of the 71 points total, contributing about 24 percent of the points. I interviewed Sendall and asked him what he did to motivate himself and what motivated the team to come out stronger in the second half. Sendall replied, "We're a confident team. We feel like if we play to our potential, we can beat just about anybody. That was our mindset at halftime. Although we were down four or five, we just felt like we didn't play a great half, but we still were in it. That gave us some confidence. We addressed the need to communicate a little more on the defensive end as well as finish possessions by securing the rebound. I think we improved in that respect in the second half. Offensively we missed shots in the first half that we normally make. Basketball is easier when shots are going in. That was also a welcomed change in the second half."

Sendall addressed the importance of scoring, but emphasized that it was their mind set which ultimately changed the game and what had made them successful in the end. I asked Sendall what he thought was the most challenging obstacle he had to overcome or adjust to in this game. He said, "We know if we play like we are capable of playing, winning will take care of itself. A couple main things we stressed were rebounding and limiting Tristan Shoup's (Beloit's best player) touches. Although he still had 21 points, I think we did a good job making it difficult on him, so credit to our bigs who played him throughout the whole game."

Reading up on your opposing team is a very common and smart strategy in sports. There are two kinds of preparation: the physical side and the mental side. Not only do you have to prepare yourself but prepare for your opponents as well. One way in which teams do this is by learning as much as they can about the other team. This includes, but is not limited to, analyzing their formation or learning who the best players are and preparing for them.

I then asked Sendall what he loves about basketball and what inspired him to play in the first place. He responded, "Personally, I just love the competitiveness of basketball. I don't even remember the first time I picked a basketball up...it was probably before I could walk. I always grew up watching the NBA, and ever since middle school, my goal was to play college basketball. I have always been a naturally quiet person, but that goes away when I step on the court. Basketball helps me express myself in a way. I am very glad I continued to pursue basketball. It has opened many doors for me, such as the opportunity to attend Lawrence. I hope to play for as long as I can because it is something I truly love to do."

The women's basketball team was off again to a rocky start in the first half, trailing Beloit 23 to 35. Unfortunately, the women's team was not able to pull out a win, but their determination never wavered, even in the last final minutes of the game. The pressure was high and the momentum carried throughout the game until the buzzer sounded.

I interviewed a sophomore on the women's basketball team, Liz Jonjak, and asked her how she felt her team played overall, what was something the team improved on this game and what is something she feels they are lacking and need some improvement on. Jonjak responded, "Our team just has such great energy together and we truly all love each other! Just like any team we have positives and negatives. But the greatest thing about this team is our ability to fight through adversity. We are pumped for the future."

Jonjak makes a good point: there's always going to be positive and negative aspects to a game but having the ability to recognize that and having the determination



Senior Leah Reeves keeps a sharp focus on defense.
Photo by Caroline Garrow.

to not give up is what is going to make all the difference. I then asked Jonjak what she thought she did well at this game. She said, "This was my first game back from a concussion. I was just playing my heart out because I was so excited to be back on the court."

It's hard to jump right into a game after being out for a while, but an athlete like Jonjak has the courage and determination to push themselves. Athletes like this are the foundation that make the team as a whole stronger and more successful. I then asked Jonjak: What do you think the team needs to do next time in order to be successful against Beloit and end up on top? She responded by saying, "Our team is pushing ourselves so hard and we are almost there. The energy is great from the team and everyone is just so amazing! We just have to get over a little hump to win."

Finally, I asked her why she plays basketball. She said, "I absolutely love the game of basketball. I have been dribbling a ball as long as I could walk. My parents both played basketball and it has always been a part of my life. I couldn't imagine my life without basketball." As an athlete you both play and breathe your sport in order to be successful, unless of course you're a swimmer!



Junior Quinn Fisher plays point directing his team towards success.
Photo by Caroline Garrow.

Who are the Champions of Change?

Madeline MacLean
Staff Writer

The Champions of Change is a group on campus comprised of a handful of individuals who dedicate their time to making Lawrence a safer and more responsible place in regard to alcohol consumption culture. This group is funded through the National Collegiate Athletic Association (NCAA) Choices grant, which gives enough monetary support for this group to launch movements, put on events, collect data and educate the student body, as well as staff and faculty on the culture surrounding alcohol consumption and what that consumption does to someone's overall health.

The NCAA Choices alcohol education grant programs provide funding for NCAA member institutions and conferences to "integrate athletics departments into campus-wide efforts to reduce alcohol abuse." In the spring of 2017, two student athletes and an athletics department employee composed an application that included an explanation for why we were applying and a proposal for how we would implement the program at Lawrence. Within in a few months, Lawrence Athletics were notified that we were given the grant. This is a grant that spans over three years, ensuring the complete ability to implement proper strategies and educational efforts. Thus, the Champions of Change was created and in the fall of 2017 started getting to work.

The first step of this process consisted of putting this group together and creating a full calendar that mapped out their responsibilities over the course of this grant funding. The board of the group consists of three staff members and six or more student athletes. The most recent people filling those spots are student athletes, junior Gabriel Baker, sophomores Jordan Jenkins, Ceara Larson and

Brynn Schroeder, seniors Chloe Gierymski and Madeline MacLean and faculty members, Coach Phil Grams, Athletic Trainer Ashley Rottier and Director of Wellness and Recreation Erin Buenzli. Once this group was put together, the hard work began.

The first thing on the long list of ideas and things to do was to put out a survey to get original readings on where the campus, especially student athletes, landed on the scale of alcohol consumption habits. This survey was sent out with some incentives attached: the first team to get the whole team to send in their survey would get a dinner from Cozy Corner and individuals who submitted surveys were put into a raffle to win various prizes. The Champions of Change received a wonderful return value on that survey that allowed for important data to be collected and then used in presentations and create focus areas.

On top of this constant data analysis to see how the campus has been improving, the group had to plan events and other ways to get the campus involved and on board with this idea. In early January of 2018, Coach Grams gave a speech in the Chapel to student athletes where he told his story of falling into the traps of addiction but also how he found his way back on his feet. His speech was moving and meaningful to everyone in attendance. Following the speech was an ice cream social where some beneficial and honest conversation took place.

After officially launching this campaign to make the drinking culture on campus safer and people more responsible in drinking situations, the group continued to plan and learn and grow. Three student athletes and one of the faculty members travelled to Charlottesville, Virginia to attend the APPLE training institute conference. This conference consisted of bystander intervention training

as well as learning how to facilitate the training. That allowed for the group to come back to campus with the ability to facilitate bystander intervention training. This conference also allowed for a lot of educational opportunities surrounding prevention of substance abuse and how to further promote health and wellness.

After that conference, there was nothing to do but continue to implement new ideas and get campus feedback. It was a full send moment. Monthly events started getting planned, and new ideas were brought to every meeting.

The group put together a concrete prospective student hosting agreement that solidifies the rules, has consequences and ensures that each possible new student gets to experience Lawrence for all that it is. Monthly events in the Wellness Center were well attended and varied throughout the terms. Laser tag, late night breakfast, basketball, water pong and other fun games were played on various nights. One of the most popular events is bubble soccer. So popular, in fact, that the Champions of Change have invested in their own set of them. There are 12 total inflatable bubbles, six for each team. While the group uses them for their own events, these are available for renting, or if another group is interested in partnering up for an event, then the Champions of Change would be more than happy to work together on an event.

In the spring of 2018, the group tried out the idea of hosting a dry night at the Viking Room, the campus bar. The dry night was held on a Monday night, trivia was played, pizza and popcorn were served and two coaches from the athletics department came and guest bartended. This was such a successful event that the Champions of Change turned it into a monthly event. When students returned to campus for fall term of 2018, they had the opportunity

to go to three different dry nights, some just to chill, others to play trivia and even on occasion sing some karaoke.

Within all the fun, the group also took on the responsibility of educating the athletic community. Beginning in the fall of 2018, a student and a faculty advisor of the group presented bystander intervention to each individual athletic team. These presentations covered topics from alcohol consumption to sexual assault to learning about consent and resources on campus to help educate people even more. Each presentation was unique to the group and heavy on discussion rather than lecture because that method seems to catch the attention of student-athletes on a higher level and therefore allow for the important information to imbed itself into the minds of the individuals. Only three teams are left to present this training too, and this is going to be a yearly experience for the teams on campus to ensure that good habits start and that every student feels that much safer when they decide to go out or hang out with friends.

At this point, the goals of the group are to launch into a social norms campaign, continue to put on monthly events, as well as monthly dry nights and continue to educate the student body on a safer alcohol consumption and drinking culture. They are by no means telling people to stop drinking entirely but are simply relaying information that boost responsibility and safety levels when people do decide to make that choice. As Lawrentians, we have to take care of each other and this group provides information and events that allow for students to do that successfully.

If you are interested in becoming more involved with this group, feel free to message them on any social media platform or send an email to any of the previously mentioned individuals.

extremely close to the indoor record which I should break in the next couple of meets. I'm pretty excited."

The final event of the meet, the 4x400-meter relay was full of excitement and strong performances for the Lawrence women as well. Schrier explains the excitement of the 4x4 saying, "My favorite part of track and field are the 4x4 relays among the men and the women at meets. The 4x4 relay races are typically the last races of the meet considering everyone is wiped out from their previous events. On the women's behalf, it is one of the most invigorating 4:30 seconds that goes on over the course of my entire week prior to the meet. Participating in the relays brings an especially incredible feeling of pure adrenaline. It runs through my body with full blown excitement. On the other hand, when I am spectating some of the other women compete or men, seems to be just as invigorating as it is to physically be in the relay. The passion that is expressed through sweat from competition and tears from cheering on the sidelines is unlike something I have ever experienced in or at a sporting event, (especially during my time here at Lawrence). It truly feels like we (the LUTF team) are in it together; not only for ourselves, but for each



STANDINGS

MEN'S BASKETBALL

TEAM	MWC	OVR
St. Norbert	10-0	12-5
Grinnell	9-2	13-4
Ripon	7-3	11-6
Lake Forest	6-4	10-7
Lawrence	6-4	9-8
Monmouth	6-4	8-9
Beloit	3-7	5-12
Illinois	2-8	4-13
Cornell	1-8	3-13
Knox	0-10	1-16

WOMEN'S BASKETBALL

TEAM	MWC	OVR
Ripon	9-1	10-7
Monmouth	8-2	13-4
Lake Forest	8-2	9-8
Knox	6-4	9-8
Cornell	5-4	5-9
St. Norbert	4-6	5-12
Grinnell	4-7	6-11
Beloit	3-7	4-13
Illinois	2-8	6-11
Lawrence	1-9	4-12

MEN'S ICE HOCKEY

South Division

TEAM	NCHA	OVR
Lake Forest	8-2	10-5-4
Adrian	8-3-1	13-5-1
Aurora	6-6	9-10
MSOE	4-6-2	6-10-3
Trine	4-7-1	8-9-2
Concordia	3-7-2	5-11-3

North Division

St. Norbert	8-3-1	12-4-3
Marian	7-4-1	9-7-3
Northland	5-5-2	7-10-2
Finlandia	5-5-2	7-10-2
St.Scholastica	4-7-1	9-9-1
Lawrence	2-9-1	4-14-1

UPCOMING EVENTS

Women's Basketball vs. St.Norbert
Jan. 30, 5:30 p.m.

Men's Basketball vs. St.Norbert
Jan. 30, 7:30 p.m.



Standings are courtesy of
www.midwestconference.org

Molly Doruska
Staff Writer

Despite the cold temperatures and the snow, the Lawrence University men's and women's track and field team have been working hard in the Buchanan-Kiewit Wellness Center, down in the Banta Bowl, out around Appleton and in the weight room in the Alexander Gym.

The team faces all of the challenges together and attempts to make it fun. As junior Claire Schrier explained, "Even though I am quite new to this program as a transfer student, there is so much about track and field at Lawrence that makes it exceptionally special. It amazes me each and every day to step back and look at the progress our team has made without even physically having an indoor track (like all other schools in our conference have the privilege of) to practice our workouts and physical techniques on to prepare for meets. Instead, our team is fortunate enough to have a coaching staff that cares so much about their athletes to wake up on a cold morning after it has snowed, pack on the layers to keep them warm and go out to the Banta Bowl and shovel the accurate shape and perimeter/size of the equivalent to an indoor track—all to provide us with the best scenario to prepare for competition together at

our best. Sometimes it is so cold out there during our workouts, but it has gotten to a point where the temperature outside doesn't even phase me. Why? because I am surrounded by my family. All running circles around the same outdoor/indoor Banta Bowl track, freezing our little bottoms off, AS A TEAM. We do it together. We run different races but simultaneously grow stronger and faster as a TEAM. When I look at what is special, it's every layer I have to put on to keep me warm is what counts the most. It means the world to me to see my teammates all bundled up together with no doubt of anyone saying, 'I quit.' We are one. We are the individuals that come to together every day and CHOOSE to make this sport special. Because we care. We love the sport. We love each other. And that is what makes special, even better."

Lawrence traveled to Ripon, Wis. this past Friday for their second indoor meet of the season. On both the men's and women's sides there were strong performance. Senior Josh Janusiak led the men as he won the 3000-meter run. Freshman Julian Garcia was sixth in the 800-meter run. The women had a number of individuals place in their respective events. In the 3000-meter run, freshman Leah Hawksford was second, junior Christina Sedall was third and senior Molly Doruska was fourth.

Schrier picked up another second-place finish for the Lady Vikes in the 800-meter run. Junior Mikaela Hintz picked up a sixth-place finish in the 200-meter dash.

In the field events, Lawrence was led by freshman Sara Klemme and sophomore Emily Hoeft. Klemme was fourth in the shotput while Hoeft was fourth in the triple jump. Senior Tobin Carlson also finished sixth in the weight throw for the Lady Vikes.

After the meet, Schrier said, "This season is going great. The Vikings are fighting our best fight thus far in the season. With only two meets under our belt, we have managed to accomplish quite a bit (individually) but more importantly, together. Our most recent meet was the Ripon Redhawk Opener. I placed second in the 800-meter dash for the women with a time of 2:27. My 800m time now holds the third best time in the Midwest Conference." After other meets over the weekend, Schrier's time ranked fourth in the Midwest Conference.

Klemme added, "The season is going well. I'm proud of the way I have been throwing and I'm happy with the distances. My favorite part of the season is getting to know my teammates and making friends for life. They're people I talk to now that I probably wouldn't have if I wasn't on the track team. My goals for the season are to break both shotput school records. I'm

Work It: Scene Shop

Karina Barajas
Columnist

This column is dedicated to all student workers at Lawrence. There are many opportunities to make money as well as gain experience. Each week, I will feature different jobs on campus and ask participants to describe what they are passionate about.

Students may not know that being part of the shop crew is a paid work study. The Scene Shop is located in the Conservatory's Performing Arts Center. This term, the scene shop staff is hard at work on "Burnstein's Mass" in Stansbury Theatre and the Gaines Series in Cloak Theatre. As part of the staff, I wanted to interview my fellow co-workers about why they are passionate about their work.

Theatre consists of building the sets from scratch, lighting, sound and props. The scene shop does it all, usually in a matter of eight weeks. It is a small but mighty group currently consisting of ten workers from a variety of years and majors. There are shop supervisors and shop assistants. Shop supervisors delegate tasks to different groups and prep the tasks ahead of time.

The shop advisors carry out various tasks and assist the scene shop students when needed. There is one Master Carpenter who oversees all things carpentry and one Master Electrician who works with lighting and sound. The staff is supervised by Adjunct Assistant Professor of Theatre Arts and Technical Director Aaron Sherkow. Sherkow normally does not hire freshmen, but he will make an exception if they attend shop hours in his Stagecraft class.

Senior Liz Risley has worked in the shop since her sophomore year and has worked up to be the Master Electrician where she is in charge of lighting and electronics. Junior Meryl Cason has worked



Sophomore Oscar Brautigam.
Photo by Anton Zemba

in the shop for almost a year. She is a theatre major and working in the shop is relevant with technical theatre, a field she is interested in looking into. Sophomore Oscar Brautigam was hired the end of fall term of his freshman year. He enjoys working with tools and says working in a scene shop is something he wants to do continue doing outside college.

"I like the people I work with," added Risley. Outside of the job, the staff have other jobs and extracurricular activities. Risley also works as a student art model and occasionally acts in the productions. Brautigam acts in the productions as well, but

for the most part he eats, sleeps and breathes shop. "I live here mostly," he added. Carson sometimes helps out in the costume shop. As far as extracurricular activities, she enjoys anything dance and design.

There are many ways to get hired for the job. Carson attended lab hours which are required for the stagecraft class offered by the Theatre Department. Brautigam was hired from Stagecraft, and was able to join the staff in building stuff the last week of fall term. Junior Chris Follina had a concussion after getting hit by a car his freshman year and showed up to shop to learn what he missed. He ended up working for the shop for almost a year.

What can the past reveal about today?

Peter Lagershausen
Staff Writer

On Jan. 22, eight faculty members gave a lineup of presentations entitled "XIXing 2019: What can the past reveal about today?" The event was part of an ongoing Main Hall forum series, and each presenter gave a rundown of historical events in a year ending in '19. They were also asked to connect what they said to the present day to put current events into context. After all, history repeats itself.

Professor of Classics Adriana Brook lectured on Athens the year 419 BCE. "Around this time, Athens had been experimenting with more extreme forms of democracy," she said. "Most government positions were handed out basically at random." One such official who was actually elected was Pericles. Pericles had been elected to the position of general numerous times and was very popular. Upon his death in a plague, a new era of demagogues was ushered in, shaking up the groundwork of democracy in Athens.

Brook gave an important example: during the Peloponnesian War, the city-state of Mytilene attempted to revolt against Athens. Athens made plans to kill and enslave Mytilene's citizens but quickly realized the brutality of the decision and halted the operation in favor of only punishing those directly involved in the rebellion. Connecting events like this to today, Brook said, "People are starting to wonder if democracy really is our best out. For example, can't Britain just change its mind on Brexit? Does the electoral college really work? I think that the Athenians would advise us that we shouldn't do away with democracy but work to reform it."

Moving forward to 19 BCE, Professor of Classics Randall McNeill talked about Augustus in ancient Rome. "After a period of civil war, Augustus was negotiating with the Roman state to see what his role would be," McNeill said. "Since the current model of the republic had been failing, he had the option of declaring himself emperor." Augustus decided not to do this, however, out of fear of being assassinated like Julius Caesar. Instead, he decided to take control of the republic behind the scenes. The façade of the republic was maintained to the public, but its real mechanism was Augustus. One thing he orchestrated from here was a "fake news" campaign. "Once the civil war was over, the Romans thought it was time to go back to doing what they did best: war with other people," McNeill said. The Roman people had been expecting a war with Parthia, but Augustus decided to keep the fragile



XIXing 2019.
Photo by Anton Zemba

peace. He negotiated with Parthian leaders and ended up distributing coins with iconography of military victory: a Parthian kneeling in defeat. McNeill said, "Roman citizens must have thought: Oh, we had a war. Go Rome." McNeill believes that events like this show us that we shouldn't assume that the way a constitution is written isn't necessarily how it functions. Following Augustus' example, any state system could have its puppeteer.

Professor of Art History Danielle Joyner told a story surrounding a man named Theo in the Holy Roman Empire on his birthday in 819. Theo was granted access to an astronomical encyclopedia in a library and searched through it for drawings of Zodiac charts and celestial bodies. He was amazed by the links between the times of the year and positions of the stars and remembered being told, "The cosmos are always making music." Once satisfied, he reflected on his gratitude for the education he had received and all the teachers in his life. Joyner ended with a tongue in cheek remark: "And, most of all, he was grateful that he could trust that leaders were well educated."

If you were asked which ancient civilization you could visit, what would you say? Probably not the Fatimid Caliphate, which Professor of Religious Studies Martyn Smith called "the coolest empire you've never heard of." Smith said, "Though you'd never guess by the number of Shia Muslims today,

the Fatimid Caliphate was an ascendant Shia empire spanning much of northern Africa. It produced numerous pieces of beautiful art and architecture and led an interesting fusion between Islam and Neoplatonic thought." Smith's main focus was the rule of caliph Al-Hakim bi-Amr Allah from Cairo around the year 1019 CE. Al-Hakim was a controversial ruler; while he was generous and admired by many, he made a number of harsh, erratic moves. He banned innocuous foods such as arugula, cracked down on women being in public, ordered curses against every Sunni caliph and even tried to destroy the Order of the Holy Sepulchre in Jerusalem in 1009. His rule is important to remember today, Smith said, because it raises the question: "What is the breaking point for madness in a leader?"

Professor of Music, Sara Ceballos, referred to the book "Champion des dames," by Martin le Franc, as it illustrates a shift in musical taste around 1419 in England. Le Franc named several singers who were critically acclaimed at the Council of Constance; they were lauded for exemplifying "the English style." After playing a few examples of songs they may have sung, Ceballos emphasized how important music patrons were in determining people's tastes at the time, calling them "tastemakers." "If something like the Burgundian school of composers could shape music for the following hundred years, you should ask yourself: Who is making your taste?"

Shop not only teaches practical skills, but also valuable life lessons that are not taught in a classroom. The staff collectively feel they have a better understanding of tools and how to work with them, as well as following set plans. Shop requires teamwork where everyone breaks up into smaller groups delegated with various tasks. There are always different things to do in the shop and every day is different. Risley feels she has learned how lights work and how to properly paint. She no longer has to ask her older brother for help on projects.

Carson learned the value of working in groups because she had never been part of a group before working in shop. Her growing knowledge of how to use tools gave her the confidence to fix a cabinet shelf at her house. Brautigam learned about responsibility and how to teach other people things, which was something he used to struggle with and is still learning.

Although Risley enjoys working in the shop now, it is not something she would consider doing in the future. She believes shop requires physical labor and sometimes she gets back problems from not lifting things the right way.

"Theatre and film are two of my favorite things in life," said Carson who can see herself working in a shop in the future. Follina is tossing the idea around, but for now he enjoys working in the shop.

Other things that can be learned in shop are strategies for problem solving and when the going gets tough to keep pushing forward. Workers constantly encourage each other to think outside the box and try things they have never done before. Learning and growing from each other is what creates the work environment. Sometimes it hardly feels like work. Students should consider shop if they want to learn a new craft and are able to say yes to taking on different projects.

Professor of English Garth Bond's lecture was presented in absentee by postdoctoral fellow of Jewish Studies, Elliot Ratzman. Bond talked about the events leading up to Henry VIII's declaration of the Church of England around 1519, such as his frustration over not finding a male heir. He discussed the refusal of Thomas More (author of "Utopia") to acknowledge Henry's supremacy, leading to his execution. The lecture's title, "Calm Before the Storm," presumably alludes to the current day preceding a storm. Bond suggested that the audience check out the film "A Man for All Seasons" about Thomas More.

In another lecture about 1519, Professor of History Edmund Kern discussed the importance of the printing press in Germany. "The printing press then had a similar, though less drastic, effect compared to the internet today," he said. His talk revolved around Martin Luther's numerous escapes from legal action after distributing his controversial ideas in print. Elector Frederick of Saxony continually protected Martin Luther from arrest even after his being named an arch heretic. Part of his success was again attributed to the printing press. According to Kern, due to distributed information Martin Luther, "Peasants across the German countryside threatened to rise up if a hand was laid on Martin Luther." Kern's connection to today was in Frederick's being a prosecutor. He said, "We'll see what Prosecutor Robert Mueller has to say."

Professor of History Brigid Vance lectured on the significance of the Donglin Academy in China's Ming dynasty around 1619. Members of this school of thought believed that the Wanli emperor was not ruling from moral authority due to his apathy and disconnect from the everyday lives of his constituents. This effort to appeal to the emperor and change his methods of ruling led to the execution of Yang Lian, head of the Donglin Academy. His death made him a martyr, prompting Vance to ask, "What role do intellectuals have in politics? What about the role of higher education?" She argued for their role by referencing the Book of Changes (a Chinese divination text), saying that only individuals acting to create a collective moral imperative can uphold peace.

The emphasis of the talk seemed to be implying that the main application of these ideas is in modern politics, mainly the Trump administration. However, as useful as these analogies may be, there are limitless other places to apply them. Considering the cyclical nature of history, certain ideas become timeless as far as intellectual curiosity is concerned.

Travelogues: Ecuador with Callie Ochs

Tashi Haig
Columnist

From rainforest canopy observatories to the clubs of Quito, senior Callie Ochs experienced Ecuador to the fullest during her fall term immersion at Universidad de San Francisco de Quito. Through the IES abroad program, Ochs directly enrolled into fully Spanish-speaking classes, adding the challenge of relying on the use of her non-native language to adjusting to study abroad.

"Listening to my professors was super easy," Ochs explained, "[but] writing papers in Spanish was harder than I thought it would be, or rather it took longer than I thought it would. [At Lawrence], I think when I'm assigned Spanish papers I'm either given a lot of time or they're really short. There, it was the same amount of workload you'd expect in your native language, except in Spanish."

At the university, Ochs took several classes pertaining to her biology and music majors. While taking zoology, ecology and resources of Ecuador, marine ecology, themes of Latin American politics and clarinet lessons, Ochs found new appreciation for Lawrence's educational style.

"I did not get along with the teaching structure super well," Ochs began. "I would say in general there's a lot less guidance on how to do homework... they would want you to do specific things, but they wouldn't tell you that beforehand and I found that very frustrating. It was possible that that's a cultural thing, like all the Ecuadorian students knew what they were supposed to do and I just didn't, I got that sense in a lot of ways."

Ochs also found that her science classes had significantly less experiential lab work and more of a lecture style structure. However, the university did offer a program in the depths of the rainforest which fulfilled Ochs' childhood dreams. Smiling reminiscently, Ochs described her journey down the river to the university's rainforest station.

"It was just amazing motoring down the river to get there," she said. "The trees were huge...there were butterflies everywhere [and] you felt like you were in a movie set with CGI." At the station, Ochs continued to live an idyllic biologist's life. "As a part of the scientific station, they had this platform that went up into the canopy of the trees. You climb bil-



Senior Callie Ochs.
Photo by Anton Zemba.

lions of stairs and then you sit up there and get to observe all the birds...I felt like that was where I belonged," Ochs said.

Despite this incredible experience, Ochs has

mixed feelings about the idea of returning to the rainforest after graduating to work and research as a biologist. "On the one hand I absolutely love being in the rainforest, and if you paid me to be there that

would be amazing. On the other hand, tropical ecology has a lot of history of white people going in and saying, 'This is how it is' and not a lot of Ecuadorians get those jobs, and if they do, they get paid a lot less," Ochs explained.

When not out on field adventures, Ochs was hosted in Quito by a family of four. This, too, posed its challenges: "Talking to my host family was always a struggle, I think because I wanted to impress them, but even at the end when I was perfectly fluent talking with anyone else, talking to my host family...I always made more mistakes," Ochs reflected, but added that the family was incredibly welcoming. Though it was inevitably awkward becoming a part of another family, Ochs had two host sisters close in age to go out about Quito with, and enjoyed regular family dinners.

Ochs described the meals in Ecuador as "wholesome" yet surprisingly bland. "Contrary to popular belief, Ecuador doesn't do spicy food," Ochs stated. For breakfast, Ochs would be served a bowl of fruit with bread and eggs, while lunch was often a variation on chicken noodle soup with rice and some form of meat on the side.

Though Ochs mentioned that this menu became a bit repetitive, she took particular exception to one common element of Ecuadorian food. Indeed, Ochs faced a very grim fate for any Wisconsinite: bad cheese. "The god damn cheese was terrible and they put it on everything! I just could not eat it!" Ochs exclaimed. "I was just dying for some good cheese. So I went to Papa John's to see if I could get pizza that actually tasted good. But no, it had the wrong cheese too! You just could not get good cheese anywhere!"

Through the challenges and magical moments of Ecuador, Ochs noted, "One of the things that I learned in Ecuador was to really appreciate Lawrence." When describing her lecture classes, Ochs observed: "I felt like they were sort of how American universities used to be like 50 years ago. There was a lot more 'the teacher is going to tell you exactly what to think, and you're going to think like that' whereas here I feel like it's a lot more like 'question everything you know.'" Back on the Lawrence campus at last, Ochs is excited to challenge the status quo once more.

Faithful Retellings: Miriam Forrester

Katie Mueller
Columnist

While we've always been told never to bring up money, politics, or religion at the dinner table, sometimes it's these subjects that can lead to the most insightful discussions. Our perspectives on spirituality and religion are as different as the backgrounds and stories that we carry with us are. This column will showcase students and their relationships with faith and religion in hopes of celebrating the many ways in which we philosophically, mindfully and spiritually make sense of the world around us.

Junior government and English major Miriam Forrester has grown up with faith being an ever-evolving and growing component of her life. While Forrester doesn't so much identify with any particular religion at the time being, it would be a mistake to assume that spirituality and her experiences with Christianity and Buddhism don't play a role in her life today. At the time being, Forrester sees gratitude for the faith-based experiences she has had thus far and looks forward to seeing where her spirituality will bring her next.

"From the age of 12 I was probably some kind of atheist," Forrester stated. Now she's not so sure. Forrester explained this as she stated, "I don't know what to define myself as. I grew up with a lot of different traditions because both my parents are Episcopalian priests. My dad has a PhD in theology and writes books about religion and he's also Buddhist. So, there are a lot of different influences; I went to church every Sunday until I was about 16 and my dad taught me how to mediate."

Growing up, Forrester thought it was perfectly normal to have differing ideologies like Buddhism and Christianity interacting together. As she got

older, Forrester did realize that the rest of the world did not necessarily see it that way. She stated, "My father was actually up to be made bishop when I was ten but then he was denied this role. It was the first time in 77 years someone didn't get confirmed and it happened because he is also Buddhist. When that happened, it was the first time I figured out that the world didn't agree with me on what I thought was 'normal.' It shifted my perception because I realized the church is this really big thing and my family was just a small part of it."

Despite this tension Forrester has encountered, she still finds deep value in what she's learned from both Buddhist and Christian traditions. For Forrester, one of the most formative practices she has continued from the Buddhist side of this story is mediation.

Forrester stated, "I remember getting a meditation bench from my dad that he made himself and then becoming super frustrated because I thought I just had to sit quietly, but the thing is mediation is not just that, it's much harder. It's probably the hardest thing I've ever tried to do. It's still hard for me, too. I have ADHD so there's just a lot happening all the time. But when I do mediate it helps every aspect of my life. I feel lighter. It feels like you can go through your day softer. Things don't bother me as much. I might have five meetings and a bunch of classes, but I do it and realize it's okay."

Since starting college, Miriam has only found herself gravitating more towards this practice of mediation. Forrester stated, "I do a lot of mediation so while I feel like my spirituality has gotten away from atheism, I don't know if it's agnostic, but I know it's something. I really am considering converting to Buddhism at some point but it's its own large commitment. Buddhism isn't really a casual thing, there are actual tenets to live by and it's an actual philo-

sophical guideline and it's just as much as a commitment as any other religion and I'm not sure if I'm ready to do that yet."

When it comes to the Christian side of Forrester's spiritual upbringing, with two ordained parents it was jarring for Forrester to register that her beliefs are not the same as ones you sing about in the pews. Forrester explained what this relation was like as she stated, "I went to church every Sunday but then all the sudden I realized, 'Oh no. I don't think it believe in God.' I felt guilty because I had to keep going to church and singing hymns and reciting prayers and it all felt really performative. More so than just the doubt I had, it was feeling like I was putting on a show that made me feel guilty. When you're the daughter of the people in charge, there's a pressure to act a certain way."

While Forrester dealt with this guilt, she never really had to worry about whether or not her family or her church community would judge or reject her. Forrester stated, "I really enjoy the fluidity of faith that I was raised in. Everyone was welcome in the religion I grew up in. It was super important to me that my church has been involved with the LGBTQ+ community because I'm not straight. My church has actually led the pride parade in my home town on more than one occasion and all of this means that I've never thought I'd have a problem if I choose to stay in the church where I've grown up. Whether or not I still believe in everything they value, this has still been a really important thing to me."

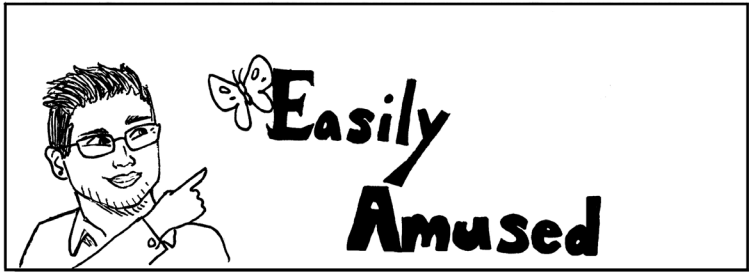
Forrester's well-rounded spiritual upbringing is one reason why she believes she approaches world with the open mind that she does. She stated, "Religion is not one thing that doesn't evolve and doesn't change and doesn't have room to include things. It has room in it for a lot more ideas and possibilities. Maybe it doesn't have to be literal and

maybe your personal interpretation is just as valid as someone else's. The way I've been raised to see religion has helped me beyond just how I view my spirituality. It's really helped me in college because it's shown me that we don't live in a world where one thing is right, and the other thing is wrong. The existence of a religion doesn't mean another one is not valid. Your idea can be right and so can mine, they can coexist. They can both be correct and flawed and that's fine and that's good and that's okay."

Forrester doesn't know where she lands on a spiritual spectrum, but she embraces that ambiguity. When the days come where she does feel God, she knows it. She stated, "A year ago I would've said there's no God, but I don't know. The times when there's something beyond me and my physical reality are when I'm outside. My best friend has a farm in the country and if you go out there in the summer and there's no clouds you can see the Milky Way and just the way the air smells and the stars look; there's something else. It's when I feel really tiny, but I don't feel alone. It's little things like when I go outside and it's cold and my nose gets all tingly. It's beyond something I can describe. It's the stillness in the woods when it's quiet but not quiet, the forest is never quiet. It's a stillness that's not still."

If you're interested in learning about more Lawrentians and their spiritual journeys, come and read their stories that will be on display outside Stansbury hall throughout the production of Bernstein's Mass scheduled to be performed Feb. 14-17. This opera tells the story of religion, doubt and spiritual journey. Make sure to come and see it.





"In the Beginning there was Word"

Jay MacKenzie
Columnist

A few weeks ago, I wrote about the role of the artist in the artistic process. My friend Aaron had to contend with this topic when an essay prompt asked him to argue for one of two apparently antithetical positions. One theory holds that art is a product of one or more human minds and does not exist until someone imagines it and makes it a reality. The other holds that art is not fundamentally a human invention, and the artist should be understood as a conduit or transformer of art rather than an inventor.

I tried to resolve this dilemma by way of synthesis: that is, an acknowledgement that neither option is exhaustively or exclusively correct. For every line of argument or piece of evidence that supports either theory, there is another that undermines it. They are both half-true, and taken together they account for the sum of their parts. I suspect that a similar synthesis could be applied to many other contentious binaries (liberal vs. conservative, nature vs. culture), but that's neither here nor there.

However, I realize my proposal is probably unsatisfying. I may seem to be dismissing the possibility that there are indeed significant differences in the explanatory power or fit-to-reality of these theories. I may seem to be preempting further discussion by claiming both are equally valid. So, I'd like to illustrate further what (I think) I meant when I said that my answer to Aaron's either/or prompt would be "yes."

A universal feature of art is the development, configuration and permutation of patterns. This also happens to be a universal feature of natural processes. Cymatics are a type of modal vibrational phenomena that can demonstrate some of the patterns appearing throughout nature and help us connect them to those found in art.

Cymatic patterns can be generated when a membrane or other surface covered in a thin layer of particles or liquid is vibrated at a certain frequency. The vibration displaces the particles or liquid into regions called "nodal lines of the vibration mode." The visible pattern of these lines is a function of the vibratory frequency used as well as the shape of the membrane surface. Lower frequencies yield simpler patterns; as the frequency increases, the nodal lines become more numerous and intricate.

Vibration (energy) is inextricably linked to matter itself, as Einstein's $E=mc^2$ equation famously showed. So we should not be too surprised to see just as matter exhibits pattern, the same is true for vibration. Vibration is also the basis of sound. Patterned sound vibrations are quite familiar to us, most obviously in the form of language but also in the form of music.

German photographer and philosopher Alexander Lauterwasser produced a work of cymatics entitled Water Sound Images. It shows how light reflects from the surface of water when the water is vibrated by a vari-

ety of sound sources ranging from overtone singing to a symphony. The results are gorgeous and visualize the patterning—and deviation therefrom—that makes music intelligible as well as interesting. Lauterwasser then compares his 'water sound images' to natural patterns such as the distribution of spots on a leopard or the arrangement of petals on a flower and finds striking similarities.

Imagine, if you will, a young artist. They have been studying their art form for a number of years and have developed some impressive skills. Imagine this person has just fallen in love. They are feeling exuberant and one night they get an impulse to create something for their beloved. As the artist sits down to write, or draw, or record or whatever, thoughts of this person race through their head. Impressions and emotional imprints erupt without warning from the artist's unconscious. The sound of their lover's laugh. The intensity of looking into each other's eyes. The weather on the day they met. The artist may not even be conscious of these ineffable impressions, but they still get converted into artistic forms in a manner that ignores logic but just feels right.

The artist's formal training may remove some of the impediments between their intent and the final product, but it isn't providing the fuel for creation. Say the artist wrote a love song. When their song is finished, there will be a new artistic expression in the world unique to their personality and life experience. However, my hunch is if Alexander Lauterwasser made a "water sound image" of the song, it might look curiously similar to something you've already seen.

I am implying that the artist's intuitive sense is sensitive to natural patterns. Certain aesthetic choices feel right because they resonate with a vibratory pattern, whether it is a basic cymatic frequency or an unimaginably complex biological pattern such as that of a human. Regardless of their complexity, patterns are arrangements of vibrations.

For some reason, some basic patterns have been instantiated in nature since the beginning of time. Since then they have been conserved, but endlessly diversified and complexified in their manifestations. When an artist is inspired, I believe they tap into the reservoir of patterns and the "patterning ability" of nature via their unconscious mind. Their own conscious mind and rational capacity is fueled and guided by this impersonal source, even though individual will is a necessary ingredient. Art that reflects natural patterns just makes sense to us.

This is why I said both of the aforementioned theories are indeed true...and false. Mankind creates its own art, but it draws from a creative potential inherent in nature that has been organizing vibration into patterns from the get-go. We each have the opportunity to become conscious participants in this universal patterning process and create something nobody else ever could.

SingersengageLawrenceaudience

Sam Goldbeck
Staff Writer

On Saturday, Jan. 19, junior Emily Austin and senior Clover Austin-Muehleck gave a lovely, non-required vocal recital. They both sang throughout the evening, with Austin opening and closing the show. Each sang a variety of tunes in different styles and languages and I continue to be amazed at how talented many of the people at this school are. The recital began with a few words from the two performers, introducing us to the people accompanying them: sophomore Frances Lewelling on piano and fifth-year Maralee Minock on English horn as well as Michael Rivers, a piano professor, who accompanied Austin-Muehleck on a few of her pieces. Both performers stressed a low-key vibe that they wanted to exude as part of the recital. The chill atmosphere was definitely achieved even if Austin-Muehleck and Austin had the audience glued to their seats with their expressive and commanding performances.

Austin started off with excerpts from "Lieder und Gesänge aus 'Wilhelm Meister,' Op 98a" by Robert Schumann, which she sung beautifully in German. Inspired by the writings of Goethe, the lyrics are nice ruminations on love and longing. Austin-Muehleck followed with excerpts from "Le Nozze di Figaro" by Mozart, sung in Italian. These are more playful ruminations on romantic love, sung with great energy and winning expressiveness from Austin-Muehleck.

Then they transitioned to Spanish with Austin singing "Tonadillas al estilo antiguo"



Junior Emily Austin performs in the Pusey Room.
Photo by Taylor Blackson.

by Enrique Granados and his "Sorrowful Lover" trilogy. These are quick little tormented and passionate accounts of being in love, keeping with the romantic theme of the evening. Austin-Muehleck returned with a performance of "Sechs Lieder op. 48" by Edvard Grieg, wherein she sang five short poems by different writers that have been put to song.

Both Austin and Austin-Muehleck are in the studio of Kenneth Bozeman, vocal instructor, so Austin thought it would be appropriate to sing some pieces that Bozeman himself wrote to show appreciation to the person who has helped her grow into the

incredible vocalist she continues to become. She performed his "Three Psalms."

We ended the night with the two performing some musical theater. First, Austin-Muehleck performed "You Don't Know This Man" from "Parade," and then "The Beauty Is" from "The Light in the Piazza." Austin followed with a performance of "The Greatest Man" by Charles Ives to close out the recital in a dedication to her father. All three pieces were light and lovely ways to end the night and the audience was left with their hearts full of love and joy, courtesy of two phenomenally gifted vocalists.

Faculty performs new music at recital



McKenzie Feters
Staff Writer

Instructor of Music and bassoonist Carl Rath gave a recital of new music in Harper Hall on Sunday, Jan. 20. Rath's affable personality and stage presence showed immediately when he talked to the audience before the first piece and promised to give game score updates throughout his performance (which he did). He first performed "Low Agenda" by Gernot Wolfgang with Associate Professor of Music and bassist Mark Urness. Rath played a groovy bassoon melody over a bass accompaniment with tricky rhythmic ostinatos, which Urness played with finesse. A latter portion of the piece contained more rock-oriented facets with slap pizzicato in the bass and catchy rhythms. Rath and Urness' easy musicianship and synchronized playing made a great opener for the recital.

Next, Rath introduced "Aires Mediterráneos" by Raúl Martín Niñerola, which he first heard performed at the International Double Reed Conference in Grenada, Spain. Collaborating with Associate Professor of Music and pianist Anthony Padilla, Rath performed the three-movement work with aplomb, executing each section with the care and skill it required. In the first movement, a mournful

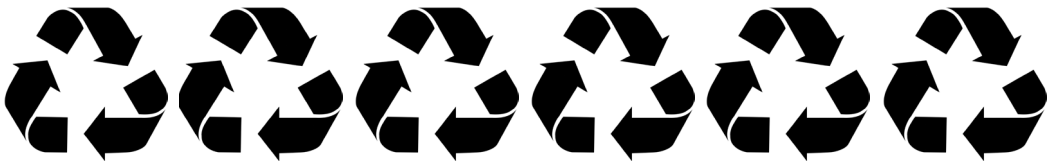
bassoon solo soared over resolute fifths in the piano, which transitioned into a march section with bassoon interjections and a tender theme with grand piano gestures. The second movement featured a beautiful, simple theme carried by the bassoon over a thoughtful piano accompaniment. Then, the third movement began with swift themes in both bassoon and piano. Rath described this movement as "the most virtuosic" movement of the piece, evidenced by its challenging runs and the bassoon cadenza before the movement's end. With their expressions, Rath and Padilla appeared to enjoy this piece as much as the audience, who applauded gratefully at the work's conclusion.

"Stick Figures," the third work on the recital, came from a colleague of Rath at the University of Oklahoma, Carolyn Bremer. In years previous, Bremer played bass while Rath played drums in the band MidLife Crysis. "I'm still having the crisis. I'm just not in the band anymore," Rath quipped to much laughter. After singing Bremer's praises, Rath announced he would play this piece in her memory, since Bremer recently passed away. Rath also explained one of the early names for bassoon, "fagott," means "stick," and each movement's title contained a clever pun on the word.

In collaboration with pianist

Nicholas Towns, Rath performed "Pogo Stick," the first movement, which contained many accents at irregular intervals. In the second movement, "Stick Up," Rath and Towns played syncopated rhythms with energy, which kept the audience on their toes. True to its name, the third movement "Stick Around/ Stick in the Mud" plodded along slowly with a dark and brooding feel. The fourth movement "Stick Out" featured many accented chords and notes that stood out from the regular musical texture. Towns and Rath gave an excellent tribute to Bremer's memory with this thrilling performance.

Adrienne Albert's "Swing Shift" ended Rath's recital and featured Padilla on piano and Professor of Music and percussionist Dane Richeson. Rhythmic sections with a Latin feel sandwiched an inner section where the bassoon imitated a classic jazz singer in the style of Ella Fitzgerald. The former section had a fun, dancing vibe while the latter felt more serene, and Rath acclimated his playing to each style, taking time like a singer when the music called for it. This piece was a fitting conclusion to Rath's recital, one of many excellent performances by Conservatory faculty. Lawrence students are fortunate to have access to enjoyable, high-quality performances like Rath's that display remarkable musicianship and great music.



Lawrence alumna inspires during book reading

Emily Austin
Staff Writer

Running in from another class, I burst into the Main Hall lecture room on Jan. 16 to find it packed with buzzing students and teachers. Madhuri Vijay '09 stood at the front of the room speaking with the English teachers who had read her first attempts at story telling. Approaching the podium with a grace that made it hard to believe this was her first novel tour, Vijay paused to take in the scene before her. "It's rare to be in a room with all of the people who shaped me," she began, acknowledging each member of the English department, most of whom were present and beaming.

As a student at Lawrence, Vijay was driven, curious and did not think she was going to become a writer. In fact, she was initially a psychology major, planning on doing research after graduating. Instead, she received the Watson scholarship and spent her first year after college traveling the world to study Indian literary communities and diaspora, documenting their stories along the way. Inspired by the experience, and after winning

the prestigious 30 Below writing award, she decided to throw herself into writing and attended the Iowa Writers' Workshop, a prestigious program that has formed many great authors. Post-Iowa, determined to write a novel, she left everything and everyone she knew behind to volunteer as a teacher in Kashmir and find a space to create in.

Vijay spoke eloquently about the power of words and language, mesmerizing us with her smooth, welcoming voice and seamlessly transitioned into the reading of her new novel, which was released that day, "The Far Field." The story follows Shalini, a privileged young woman from Bangalore whom, after losing her mother, goes on a journey to Kashmir to find the salesman who frequented her home when she was a child, as she is determined he has something to do with her mother's death. As Vijay read the first pages of her book, a quiet rapture settled over the room as we took in her powerful words. Shalini's voice, the voice of a "little beast," as Vijay writes, told of her childhood home and the shifting relationships between her and her parents as we all got

a taste of the author's masterful story-telling, instantly transporting us to a Bangalore most of us have never seen. Her attention to detail, both big and small, of how each room felt or smelled, and how each character thought, easily proved the statement she opened the evening with: "Language changes the way you think."

"The Far Field" has already gotten rave reviews from many major literary critics and Lawrence could not be prouder of her. Vijay's initial surprise that so many people showed up to her reading will hopefully soon fade as her tour progresses, for her first novel is a powerful example of giving life to words on a page. After the reading, a student raised their hand, asking how she went about making a foreign culture accessible to all. She responded without hesitation, saying, "Books can do that—cross cultural boundaries. All I'm doing is trying to give these people a life." Well, this young author has definitely succeeded in both respects, crossing boundaries and emanating humanity from the core of her first novel.



Lawrence alumna Madhuri Vijay '09 reads to a packed audience in Main Hall.
Photo by Julia Balestri.

Riepenhoff and the understated art gallery

Lily Greene
Staff Writer

John Riepenhoff, Milwaukee-based artist and gallery owner, talked to the Lawrence community on Jan. 15 in the Wriston auditorium. Riepenhoff, who was born and raised in Milwaukee, has a knack for starting non-traditional galleries and running art events. He attended University of Wisconsin-Milwaukee, and his art has been displayed around the world. His passion for creating spaces for art and experimental ideas was apparent during the talk, and he was able to show the audience a full hour's worth of projects that he created or spearheaded.

In 2004, Riepenhoff started the Green Gallery in his Milwaukee

home. This idea stemmed from not having a professional experimental creative space that was accessible to artists and musicians in the area. This gallery, which was Riepenhoff's house, had a room for bands and make-shift bands to experiment and record, as well as a gallery space for artists and non-artists to work and display their art. Riepenhoff wanted to create a place that could act as temporary cultural space, a place for an experimental, experiential studio where everyone could be an artist. Friends would come to jam together and draw and paint and display their work on the walls of the apartment. They had events where the guests brought any piece of art they had made, and a large portfolio exchange was

created. Polaroids of each participant and their art was taken before the exchange. Green Gallery plays with the idea of conventional art and what an artist is. The gallery expanded from his home into a makeshift gallery space in a warehouse that Riepenhoff constructed himself. After this change, the space became a bit more reachable and professional, paving the way for Riepenhoff to create more unconventional spaces for art.

Because Riepenhoff sees the social aspects of galleries as a material in itself, the commercial art fairs becoming popular were frustrating to him. They were non-personal and not focused on the art and artists, but instead on the money. To fix this, Riepenhoff started Milwaukee International

Art Fair, where small galleries from around the world came together in an intimate event to talk about art in the community.

Keeping with the intimate gallery experience, as an installation project Riepenhoff created "The John Riepenhoff Experience" (the name poking at gallery egoism), a box where guests are inviting to poke their head into one at a time. Inside the box is "the world's smallest art gallery," and this project has shown around the world, exhibiting real tiny art shows.

Riepenhoff wanted to create an intimate art experience similar to the magic feeling of being in a dark movie theater. The project allowed for easy art exchanges, opportunities for artists to test out installation ideas on a small scale

and is an easy piece to ship around the world.

Riepenhoff describes himself as a platform artist, and mainly provides and creates opportunities for other artists to create and show their work. He is a working artist himself, but mainly works through supporting artists and creating community. He has another gallery open in Milwaukee that is a bit more professional (as in, he has an actual permit and building for it), where there are has many shows and opportunities for local and non-local artists. Riepenhoff's talk at Lawrence was a good way to encourage young artists and let them know that they don't have to wait for opportunities in art, they can create them.



Scott Crane and Aram Monisoff read "Boys Grown Tall."
Photo by Taylor Blackson.

Carl Johnson
Staff Writer

One aspect of Lawrence that I have always admired is how often our faculty members share their talents with us. As students, we sometimes forget that their job isn't just teaching; they have projects and ideas they pour just as much energy into as their students.

On Jan. 18, I attended a public reading of a one-act drama, "Boys Grown Tall" written by J. Thomas and Julie E. Hurvis Professor of Theatre and Drama and Professor of Theatre Arts Timothy X. Troy. The setting was Saratoga Springs, N.Y. in the year 1983. "Boys Grown Tall" was a special story, Troy revealed to us at the end, because the play is based on events that happened to David Burrows' family.

"David came to me and said, 'I've got this story that should become a one-act,'" laughed Troy. But as he listened, he grew more and more intrigued by the story-telling opportunity this could represent. "Boys Grown Tall" is fundamentally a family story. Harriet is an 81-year-old woman who has a lot of personality, and as the story goes on, the audience realizes that

she is not the most reliable narrator and that her memory is a bit confused. She has three sons, only two of whom are featured in the play: 36-year-old Dave, played by Aram Monisoff and 51-year-old Edward, played by Scott Crane and James, who we never see.

The play opens with Harriet sitting and crocheting, singing the theme song from "Chariots of Fire." Dave walks in after a little while, and they sit together. Memory is perhaps the most important theme in the play; the actions of the play consist mostly of Dave and Harriet sitting and revisiting old family memories and looking at photos. We learn gradually she is living with Dave and his wife, she raised her children during the Great Depression, and her husband died a little while ago.

The play cycles through several different stories that Harriet tells, and her memory causes her to jump around in time. Key events were the woman in the woods (either Ed or Dave kissed a woman in the woods, which may or may not have been Dave's wife) and the bunny man (a series of assaults that scared their childhood neighborhood.) Ed's character was an interesting one. He and Dave have

tension in their relationship that is brought on by their age gap of fourteen years. Harriet's memory causes her to believe Dave is her grandson, further adding to that tension. Ed (sometimes referred to as Ted) becomes a type of parent figure after their father dies and James leaves, and Dave feels as though he is told what to do.

As they are exploring the past together, the mother and her two sons, Dave and Ed have side conversations about whether or not it is time for her to go into a nursing home. Harriet never answers their question about the home, instead jumping ahead to another memory, while Ed and Dave argue about what to do. Dave wants her to make the choice, while Ed wants to go ahead with it. As the play ends, the brothers agree that she should be placed in the home. The simple gesture of Dave saying, "Come on, Mom," and leading her to go to lunch was a beautiful way to end the play.

This play stirred many emotions in me, and it made me think about what will happen as my own parents grow older. Age is a constant part of life, as is memory. I can honestly say that I sincerely anticipate the future of this play.

STAFF EDITORIAL

Changes in Campus Involvement

Recently, many Lawrentians have been speculating about a general decrease in student involvement in campus activities. Some say there have been fewer students running for leadership positions, attending meetings, and supporting each other at events. They say concert and sports game attendance is waning, and that no one wants to invest time in campus organizations. Is it true that no one is interested in participating? We wanted to find out more about this by exploring questions about Lawrentians’ involvement and feelings of connectedness on campus. Are students spreading themselves too thin? Are the opportunities available mismatched with students’ needs? What kinds of changes are we perceiving, and do the numbers back them up? We spoke with several students and campus officials to take a closer look.

Whether it comes from our parents, our professors, our fellow Lawrentians or outside society, the campus community has gotten used to the idea that Lawrentians are involved in everything. This involvement normally begins freshman year, since incoming students want to meet new people and be a part of numerous clubs, exploring new interests. As students come into their sophomore, junior and senior years, their course loads and all the extracurriculars start to weigh on them. Advisors often suggest that students focus on activities that relate directly to their major.

Associate Dean of Students and Dean of the Sophomore Class Rose Wasielewski and Dean of Students Curt Lauderdale advised us to think about how technology shapes campus involvement today compared to two years ago, five years ago or longer. It is important to consider that the ways students engage and the ways we measure and talk about engagement are always shifting. When events are organized on Facebook, they are always more private than events with physical, public advertisement, even when the organizers have the best intentions of being inclusive. Additionally, when students communicate and gather digitally without meeting in person, there are fewer opportunities for spontaneous engagement of passersby.

One thing that drew attention to this issue was the number of candidates running for Lawrence University Community Council (LUCC) office this year. Many people think the number seems low, with some positions uncontested and others with only a couple of options. LUCC President Colleen Murray said that “It is fairly common to have one to three people running for one of the executive positions. There have been just a few times that I can recall where there have been three or more for a president or vice president position.” Murray says that it is misleading to construe the number of candidates as a downward trend: “In the past few years, it would appear to be more of a fluctuation than a pattern.”

Wasielewski and Lauderdale both commented on the increased cultural emphasis on mental and physical wellbeing in recent years: “Is having some free time and going to bed earlier winning out over adding another student org meeting to a to-do list?” We think so. Professors on campus are pushing the mantra, “do less, be more.” Students now have more ways to respectfully say no to taking on more time commitments. The number of student organizations has been hovering just over 100 for the last ten years. Maybe certain student organizations could find more success by merging with others of a similar theme or goal. Then, maybe students would have deeper reserves of time and energy for special events like the Great Midwest Trivia Contest.

Other factors to consider are increasingly visible Wellness Center programming, like intramurals, and less visible group trips to off campus locations, like those that ski team and ORC often take. Wasielewski also suggested the importance of considering students’ financial situations when we talk about their ability to participate on campus. How do low income and first generation students balance the need to have jobs with their academic loads? What might some students have to give up in order to make the most of their education while paying for it at the same time? Perhaps we all need to recalibrate our definitions of successful, involved students. It is apparently untrue that campus involvement is declining; rather, it is shifting in ways that are not always easy to see.

Letters to the Editor can be sent in to Opinions & Editorials Editor, Cassie Gitkin, at lawrentian@lawrence.edu. We review all letters and consider them for publication. The Lawrentian staff reserves the right to edit for clarity, decency, style and space. All letters should be submitted on the Monday before publication, and should not be more than 350 words.

A petition to Chip and Joanna Gaines

Simone Levy
Staff Writer

For those unfamiliar with happiness and beauty, Chip and Joanna (Jo) Gaines are the stars of the HGTV hit show “Fixer Upper.” Chip, a carpenter and handyman, works with his wife, Joanna, a designer and architect, in order to renovate outdated homes for clients in the beautiful metropolis known as Waco, Texas. Basically, they are the Stacy London and Clinton Kelly of the home renovation community. They have five beautiful, thriving children whose names are Drake, Duke, Ella Rose, Emmie Kay and a baby named Crew who was just born last summer. Drake is 13, Ella Rose is 11, Duke is 10, and Emmie Kay is 8. Chip and Jo have made it a point to raise their children different than most. According to Jo, the kids will not get phones until they leave for college, and the family does not have a television.

As someone who struggles to value the little things in life, and as someone who also wants to be a child, I am petitioning Chip and

Joanna Gaines of Waco, Texas to adopt me as their newest child. Yes, I am 20 years old and have a loving family of my own, but I think it is time I branch out and really discover my true calling. I would fit in incredibly well with their family and would provide a sense of maturity and nuance that the family, at this point, seems to lack due to the ages of their children as well as the fact that I have a phone, unlike their children, and have access to current news and pop culture trends. Furthermore, Joanna has publicly stated that she would be really excited if she found out that she was having another baby, meaning I would be a welcome addition to the family regardless of any merit scholarship.

I would just like to state my case for Chip and Joanna Gaines’ adoption of me into their beautiful family. It should be noted that Chip and Joanna Gaines and their children love animals and have a farm with over 60 animals. I, too, love animals and have experience working with them as well. With a 40-acre farm, I am sure they could

use an extra hand with the chores and farm work that need to be done, which I would be more than happy to take on. The kids are also musical—both of the boys play guitar. I could add to that musicality in the family, as I dabble in French horn and am a self-proclaimed casual opera singer. The girls in the family love to bake, and while I may not be able to be trusted to make chocolate chip cookies, I am a great back seat chef in the kitchen and would provide an endless slew of suggestions and “Carla of Bon Appetit does it this way...” type statements. Not only would I fit in with the kids in our hobbies, but in our speech as well. I have been known to fake a Texas accent with a panache only a Texan could muster up. This way, there would not be a language barrier between us for family dinners and the like.

I could also be a very valuable asset to the Fixer Upper crew, as I have boundless energy for demolition and a free flowing waterfall of creativity that can be directed toward interior design. Some other factors that would help me in my

The Lawrence error

Michele Haeberlin
Staff Writer

College is generally seen as the transitional period when a person goes from living with and depending upon their parents to a more independent lifestyle that is almost—but not quite—adulthood. If college is stressful, that is seen as inevitable, since students are going through entire lifestyle changes.

On top of learning the hard way to separate whites from yellow and pink laundry and attempting to wash things you didn’t even know you had to wash (like blankets), you now also have to learn to occasionally wash yourself without prompting, and budget for things you need, like saving money for toothpaste instead of buying that fancy coffee drink. Not to mention that you are entering an entirely new community of people who you now have to interact with and hopefully find some potential friends.

But hey, this is all good! The lifestyle change one faces in college is daunting, yes, but it has been working for so long because it has long-lasting positive effects. While in college, you are forced to become independent and learn how to take care of yourself financially, mentally and physically. Therefore, the end goal of this turmoil of emotions, isolation and immense amounts of stress is a fully-fledged adult who never accidentally mixes their laundry only to find a once pristine white shirt now an interesting shade of yellow-orange, who never buys that special coffee drink for an outrageous amount of instead of toothpaste and who never forgets to bathe.

Also, this well-balanced, freshly-made adult has a healthy amount of friends who engage them in a diverse social atmosphere. They have a reliable job, an eco-friendly car with numerous “Save the Trees” bumper stickers which they never use because they bike everywhere and they use this bike to take them to their favorite organic smoothie shop where they buy their fifty calorie smoothie religiously, and then continue on to work, where they feel complete and happy forever and ever.

But what if the system fails? What happens if the great college machine scans your newly prescribed Lawrence ID and cannot find a way to make you into the perfect adult? Then, I believe, life gets a lot more fun.

Sure, it was a little hard when people around me were starting to get the hang of how to eat semi-healthily and I was still consisting off an oatmeal cookie and mountains of tea, or when they remarked upon how easy a test was, which would have been easy for me too if only I had managed my time correctly and actually studied

goal to be a part of the Gaines family include my love of real estate, shiplap, subway tile, cased openings, kitchen islands, open floor plans, exposed beams, antiquing and basically all of the things that are so highly valued in the Gaines lifestyle.

In closing, I would be the perfect addition to the Gaines family.

more than 30 minutes before the class. But I think what has always been hardest for me, living as an error in the adult-processing unit that is college, has been trying to figure out when I am pushing myself too hard versus when I am a disappointment for not attaining the high expectations from those around me.

Sometimes I sit down to watch just one episode of a show before I start my homework, look up at the clock afterward, and realize three weeks have passed. That is really bad. And then other times I have committee meetings before class, a board meeting after and then a promised blood donation, work and then my other job, and I get back to my room afterwards starving, tired beyond reason and completely unable to focus on my plethora of homework beckoning to me.

And that is when adulthood really scares me. Is adulthood really just a non-stop grind from wake to the weary fall back into bed every night? A burden of expectations to do this club, join this thing, volunteer here, intern there, all while maintaining the best grades ever and holding down a job in order to afford just being here as well as a blooming social life. And all of this while wearing a smile that says to the world, “Look at me and my eight million commitments and my wonderful accomplishments—this is what adulating looks like, and this is what you’ll be someday too!”

I want no part in that kind of pressure. I want people to have high expectations of me. I want a community around me made up of my family, friends and teachers who push me to overcome challenges and set up lofty goals for myself so I become a better person. But I do not want to be compared to a set mold in my accomplishments.

I am 21 years old, and I am not now, nor will I ever be, a perfect adult. There are plenty of days where I run from my room, shoes untied and hair a mess, sprinting to class because I stayed up late watching videos of guinea pigs in hats playing cricket and overslept the alarm, and I forget a snack and or my notes for that class, and sometimes even my entire backpack. I am not the person in class with their color-coded notes clearly outlined with bookmarks; I am the person who runs in late, scattering sheets of paper everywhere and mumbling to myself as I search for the assignment for today, which may or may not have remnants of my lunch stained on it, as well as various doodles all over the place.

But, most of the time, I somehow manage to make everything work out, and I find that one sheet of paper needed crumbled at the

See page 12

Not only would I benefit from their farm lifestyle and their attention to detail when it comes to interior design, but they would benefit from my presence in their lives and my ability to help out with their business and their children. Honestly, it is a clear win-win situation for everyone.

The opinions expressed in *The Lawrentian* are those of the students, faculty and community members who wrote them. All facts are as provided by the authors. *The Lawrentian* does not endorse any opinions piece except for the staff editorial, which represents a majority of the editorial board. *The Lawrentian* welcomes everyone to submit their own opinions using the parameters outlined in the masthead.

Mole-people food is the next big thing

Dan Meyer
Staff Writer

Hey, everyone. Dan here. I went on a week-long sabbatical to realign my scapulae after they entered their rebellious phase and went swimming in the meat soup of my chest cavity. I was not made aware of who might have filled in for me last week, but I am excited to be back on the horse again. (For those of you who have not worked for The Lawrentian, we brainstorm articles and conduct our section meetings on horseback.) Time to get to it.

This may come as a shock to some of my most loyal readers, but I am not the person I claimed to be when I started working for The Lawrentian. My public persona is not an organic collection of experiences and obscure music preferences. Everything I am is the product of careful curation to mask my true role as an undercover reporter. Being a deep-cover field journalist has been one of the most trying times of my life. Six years ago, when I was still naïve and full of youthful ambition, I relished the idea of masking my identity. I was already accustomed to days spent in secrecy and shame. Naturally, when the opportunity to broaden my horizons and journalism harder than anyone had ever journalismed, I dove right in. I answered the call of the sewers of Appleton. With my assignment finally completed, I can confidently tell all of you that there is a world of food waiting to be discovered by us, the

surface dwellers.

It is hard to be a white man in the 21st century, especially if you are the type of white man who tries to build a personality by discovering ethnic food for his other white friends. Technological advances are undoubtedly to blame for this new challenge. There was a time when the internet was still a glimmer in Al Gore’s eye, when the only means of culinary enlightenment was to buy another church cookbook from the next town over. Life would have been so much easier for me back then! I could have walked up to any one of the 599 white people in my grandparents’ 600 person hometown and given them my recipe for Authentic Lo Mein But the Noodles Have Been Replaced With Spaghetti and the Soy Sauce and Sesame Oil Have Been Removed Because the Grocery Store Does Not Stock Either of Those Ingredients, and they would have viewed me as the Woke member of the friend group. One of my friends always seems to know the hottest new food trends that are new to this corner of northeast Wisconsin (and therefore the world), and that means he definitely knows at least one minority! When he told us about the new Honduran restaurant in town, he made almost no mention of his unfounded belief that everyone working there is probably related. Way to go, Ron!

Unfortunately for us white men who are slow to catch up on trends, the world is becoming smaller by the day. Every time one of my friends tells me about a dish

without any mayonnaise whatsoever, I am overcome with rage at my own inability to look smart, cultured and imperialistic. For a long time, I toiled away at the drawing board for new ways to Columbus up some new cultural staples. Even when I approached people of color at the grocery store and asked them to give me their recipes so I could publish them as my own, I was unsuccessful. As I left the store, dejected, I noticed a column of steam escaping from a manhole nearby, and boom! Inspiration hit me like Paula Deen hit the hard R before she was welcomed back into the industry with open arms!

Before my ground-breaking assignment, nobody had ever ventured into the sewers of Appleton to study the culture of the Wisconsin mole-people. Armed with nothing but a pen, laptop, trust fund, trusty pair of Dockers, vintage Patagonia jacket and a handgun, I began my quest to find the next big dish for restaurants where the only theme seems to be “food.” Now that my crowning achievement in journalism is complete, I can tell you all that the culinary world of the mole-people is unlike any other.

I knew I was in for a challenge from the moment I arrived. A mole-person, obviously shocked by my devilish, handsome appearance, shrieked at me and scurried away into the darkness. In that brief moment of terror, I noticed that mole-people have different tongues from our surface-dwelling standard. Instead of a little pink nubbin that rests inside of the tooth-cage,

mole-people have a long, prehensile and perforated tongue that can be wrapped around the neck like a mid-winter scarf. The tongue changes color based on the health of a mole-person’s nether-kidneys, but most of the tongues I saw were either a deep shade of green or a delicate turquoise. With a longer tongue, the mole-people have a greater number of taste buds and a more nuanced set of descriptive adjectives for eating. I knew I had no chance of enjoying their cuisine with my ordinary surface-tongue, so I severed my frenulum like Gene Simmons to expand the usable number of taste buds on my tongue. When I finally sat down to eat with some of the mole-people, I noticed that they retract their tongues into their mouths so they resemble the size of normal surface-tongues. I was pleasantly surprised, and doctors tell me I should regain motor control of my tongue any day now.

One of the biggest hurdles for any newcomer to mole-people food is undoubtedly the prevalence of paper and plastic in most dishes. We surface-dwellers make little use of these flavorful ingredients in our food, but among the mole-people they are a prized element of cuisine. The pairing offers a one-two punch of texture for even the pickiest diner, starting with the chewiness of the paper and ending with the satisfying crunch of plastic that could have been recycled.

My mole-person fixer took me to a wide variety of restaurants, ranging from expansive treatment

plant dining halls to hole-in-the-wall joints that were located in adorable holes in the sewer walls. There were so many flavors used in these restaurants that have no equal on the surface world, but one of the flavors that sticks in my mind has to be what can only be called “stress vomit.” This flavor is less of a traditional staple than it is a new craze that began just a few years after I began my assignment; the flavor first hit the sewer streets in mid-2016. Around November of that year, the flavor positively exploded on the cooking scene in the sewers and has been in steady supply ever since. Some food prognosticators predict that the flavor will make a resurgence in 2020, but only time will tell.

To elaborate further on the culinary miracles of the sewer world would take away from the marketability of my upcoming cookbook, “Sewer Home Cooking: Recipes I, Dan Meyer, Conceived and Created on My Own with No Additional Help.” Anyone who wants even the slightest chance of impressing their guests at brunch needs to buy this book. It is already being lauded by “The New Yorker” as one of the best books ever written, and I anticipate winning a Pulitzer. Until then, I will continue my mission to take credit for cultural staples everywhere I go and pass the wisdom on to you. Watch out, Mariana Trench: your grandma’s favorite recipes are about to become a flatbread dish in one of my pop-up restaurants!

In sickness and in health?

Olivia Omura
Staff Writer

From birth, we are taught to value our bodies at their healthiest and to strive for that version of ourselves at all times. There is nothing intrinsically wrong with that message—health is a priority for many people, and improving our health can undoubtedly improve the quality of our lives. The problem with this mode of thinking comes when we are faced with the immovable obstacle of chronic illness.

Chronic illness is a broad category that encompasses any condition that is ongoing; it may be treated or managed but rarely cured completely. This includes mental illnesses like depression, as well as physical illnesses, such as autoimmune disorders and even cancer. To be chronically ill is to be permanently in limbo, suspended between the health we desire so desperately and the reality of our conditions. How do we handle that seeming paradox of wanting to be healthy when our bodies stubborn-

ly remain “sick?”

When I was first diagnosed with a chronic illness, I was forced to shed that rigid definition of health. No amount of positive vibes, fresh air or kale was going to cure that sickness. That did not mean that I could not pursue the healthiest version of myself with an illness, but I would not be able to achieve the same level of health as someone without an illness. I would always have limitations; acknowledging those limitations is not the same as giving up on yourself. Denial of one’s limitations can lead to overexertion and burnout, which can easily become a vicious cycle.

In our society, we moralize health and stigmatize sickness in ways that are harmful to people with chronic illness. For example, we view certain conditions as having been caused by a person’s own unhealthy actions. People with these “preventable illnesses” are often shamed, ridiculed and subjected to detrimental stigma surrounding their condition. For

example, Type 2 diabetes is often attributed to body size, a high-sugar diet or a sedentary lifestyle. Science tells us that it is a complex disease with many factors influencing its onset, from maternal birth weight to socioeconomic status to yet-unknown genetic determinants. None of the potential causes for the disease make someone inherently a bad person; morality lies on a completely different axis from health. Yet we still mock people with diabetes for being immoral and inferior to those without the disease. Is Type 2 diabetes a death sentence? Of course not. Can it be managed, if desired, with health-promoting behaviors? Yes, absolutely. Do people with diabetes benefit from social stigma and health shaming? Nope, definitely not!

However well-intentioned the advice, telling chronically ill people how to manage or even cure their conditions only adds to the stigma we experience. Do a

Gender divisive

Mara Kissingner
Staff Writer

Lawrence University likes to tell people that it is an inclusive and diverse institution. It is a place where everyone is accommodated and included. The problem is, I have not found that to be the case. Aside from transgressions against students of color, which are numerous and which I cannot speak on, the other is the issue of the bathrooms. Every time I walk into the bathroom, I am assaulted with the reality that people do not believe that I exist. Even if they do believe that I exist—they only care enough to give me a bathroom which is way out of my way and intensely inconvenient to reach. But this is such an unnecessary problem, seeing as we can comfortably exist with floors that are cohabited by all genders who share the same bathrooms. The most private bathrooms could remain for all genders and be used by those who are uncomfortable with sharing. Though I find this to be a straightforward and simple solution, I understand that many people have misgivings on this topic, so let me address them.

First and foremost, people like to bring up urinals in this conversation as one of the reasons this cannot be a reality. To that, I ask, why it is necessary to have urinals outside of stalls? It is rather a strange place to break down our privacy barrier around nudity. Seeing as there is so much anxiety surrounding the size of one’s penis, I cannot imagine that many men would truly object to a more private urinal situation. If the bathroom experience is meant to be so private, then why is it the one place where we insist men should just display their penises for everyone to see.

Secondly, what is brought up is the very ominous idea of sexual assault. This is indeed a problem at Lawrence. However, how then do we account for the bathrooms on gender-neutral floors? To my knowledge, it has not somehow caused a massive increase in assaults on campus. Though people could be not speaking up which does happen a depressingly large amount of times, the fact still stands that people who would wish others harm will not be stopped by a sign that shows the opposite sex. It must also be noted that people (especially women and those assigned female) get harassed in all sorts of public places that are meant to be safe. So it seems that there is really nothing that stops such behavior much less a sign with a stick figure on it.

Lastly, opponents like to groan about cost. To which I would tell Lawrence, if you can spend thousands of dollars on a football field, my guess is that you have the budget to make new signs and construct some new stalls. Or you could simply just tape some new paper signs over the old ones, much like what is done during the President’s Ball.

Really, I think that this more has to do with an image issue, something that all colleges seem to be particularly concerned with. People would kick up a fuss and freak out about all the above problems, and donors would walk away. I can’t say that I will ever understand that, seeing as my identity directly suffers from it, but I would at least appreciate for Lawrence to stop making so many false problems about inclusivity when they would much rather keep us quiet than fix the problems.

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Photo Poll

Anton Zemba
Staff Photographer

What is something that should be talked about more on campus?



"Why they don't have whipped cream at the waffle station anymore." -Dante Reese



"I'd like people to talk about their heritage more, their religious or cultural background, so people can learn from each other's differences." -Jessica Toncler



"I think people should talk more about silly things. Let's be more human." -Paul Hong



"I think people should talk more about the positive things on campus and less about the negatives." -Amanda Karnatz



"Stevie Nicks." -Tyler Nanstad



"You. Because you are beautiful." -Kiet Nguyen

Vikings endure

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other as teammates and LU as a whole."

In the actual race, the

Lawrence women were wrapped in a tight battle with Ripon that came down to the final straightaway. The team of Hoeft, Schrier, sophomore Alyssa Kuss and Hintz ended up second but had an extremely strong time of 4:23.06. They are currently ranked fourth in the

Midwest Conference.

The Vikings have a weekend off before heading back to Ripon for their next week. The team will use this time to train as they prepare for the Midwest Conference Indoor Championships at the end of February.

Lawrence Error

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bottom of my cavernous backpack, along with a much-needed granola bar, which may be from three years ago, but who cares? And yes, my methods may be unconventional and kind of crazy and, at times, even outright extraordinary, but they leave me feeling that throughout all of my endeavors to meet the expectations of those around me, I am still human.

My family expects me to have good grades, make friends, go to

work, sleep and eat to maintain a healthy balance. My teachers expect me to have internships, volunteer hours, possible future employments connections all lined up and homework turned in one time that is above and beyond what the assignment called for. And my friends expect my full attention when they need my advice, someone to laugh with when they feel stressed and a real person who they know will never be fake with them, (but may sometimes take some of their food). But I am able to handle all of these expectations, as well as my own for what I envision in my future, because I allow

myself to meet these goals step by step everyday in my own way. That means sometimes I have days where I don't even glance at my Netflix or YouTube accounts, I buy all the healthy things, and I have all the answers in class. And then other days I wake up and I am sad and I don't feel like wearing anything but pajamas all day and all I do is eat cookies and go for walks, and that's OK. Because I move at my own, non-perfect adult speed.

And I believe even when I am eighty-five, my white shirts will be stained a light yellow-pink from not separating my loads, because I like them that way.

In sickness

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quick Google search, and you can find thousands of blog posts about curing thyroid disease by avoiding spinach, PCOS by eliminating carbohydrates and similar claims

backed by little more than anecdotal evidence from someone trying to sell you something. A person's health is their business, and theirs alone. Whether they should take supplements, do yoga or treat their illness with pharmaceuticals is not a topic for debate or conversation unless they ask for your advice.

By the principle of autonomy,

we are allowed to define ourselves by more than our absolute health, and to pursue health on our own terms. I am chronically ill, and my conditions influence but do not determine the way I view myself. My goal is and will always be to respect my body, in sickness and in health.

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—All submissions to editorial pages must be turned in to The Lawrentian no later than 5 p.m. on the Monday before publication.

—All submissions to the editorial pages must be accompanied by a phone number at which the author can be contacted. Articles submitted without a contact number will not be published.

—The Lawrentian reserves the right to print any submissions received after the above deadline

—Letters to the editor will be edited for clarity, decency and grammar.

—Letters to the editor should not be more than 350 words.

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